



Whalesong

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Art, Nutrition, etc.

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December 12, 1984

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Hear ye! Hear ye!... University releases spring schedule

Schedule reflects changing needs -- Beeton

By ED SCHOENFELD
Whalesong Staff Reporter

To call an academic session that begins on Jan. 14 "Spring" seems a bit absurd. But despite the name, the University of Alaska-Juneau's spring 1985 class schedule and registration information is out and ready for student use.

Close to 300 classes are being offered, ranging from typing to zoology to business law. The schedule is especially heavy with computer, education, and office administration courses.

Less traditional classes include Counseling Perspectives on Family Violence and Sexual Assault, offered under the Psychology department, and Celestial Navigation and Ocean Cruising, offered under Astronomy.

UAJ Vice-Chancellor for Academic Affairs Beverly Beeton said the spring schedule was put together with an emphasis on the changing needs of UAJ students.

She said fall semester registration reflected an increased number of full-time students, plus increases in the number of students beginning their education at UAJ.

"The university is trying to make a special effort to meet these stud-

ents' needs," said Beeton. "That means more introductory courses such as math, english, and speech."

Beeton said another important move is to create a predictable sequence of classes for students in specific programs of study. Faculty have developed lists of classes needed for degree programs and the sequence they will be available in.

"This will help students finish their course of study in four years," she said.

Beeton said faculty advisors have copies of the class sequencing information. A copy is also available at the library.

This is not the first time that projected class schedule information has been available. But Beeton said the classes are better ordered than previous efforts.

The Spring semester class schedule was not available until shortly before the Thanksgiving break. Some students considered this a late release of the information.

They pointed out that students need the information earlier to plan



Dr. Bev Beeton

for work and study. Another complaint was that students from other universities considering transferring to UAJ needed information more than two months

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Financial aid for students limited

For the Whalesong

We understand there is a great deal of confusion regarding financial aid. Hopefully the following explanation will clarify some of the problems.

Many students believe the Financial Aid Office can allow students to receive an unlimited amount of aid funds. This misconception, along with the tangle of federal regulations, causes much confusion for students and faculty alike. Aid recipients receive only XX amount of aid based on "modest" budgets. Students who find that they

are eligible for funding, private scholarships or other types of aid will have their financial aid award reduced by amounts equal to the "outside" funding.

As an example: Suppose your estimated financial need is \$7000 and you receive a state loan of \$3000, a Pell Grant of \$1200, a federal supplemental grant of \$2000, and a university scholarship of \$800. Your total aid then equals the amount of your need. But what happens if you then find out that

you have been awarded a \$500 private scholarship or funding from another government agency such as BIA? Your award from UAJ - either the federal supplemental grant or the university scholarship -- will be reduced by \$500.

Why does this happen? Because federal regulations require that the financial Aid Office reduce the student's aid when additional outside funding becomes available to the student. This

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Computer Savings offered to students

By Whalesong Staff

University of Alaska students, faculty, and staff may be able to save several hundred dollars on the purchase of a home computer under a new program arranged through the efforts of the UA Statewide Purchasing Department.

After an extensive bidding process, the university selected IBM computing hardware, to include personal computers for its new administrative computing system. Faculty, staff, and students may also purchase these computers and printers at the same reduced rates for their personal, individual use, it was

recently announced.

Microcomputers offered under the program are the Kaypro II, the Fujitsu Micro 16s, and the Leading Edge PC-1.

The Kaypro II is considered an entry-level machine with a 64KB memory, Z80 processor, two 5-1/4 inch floppy disk drives and a package of programs. It is offered at \$1,098. The package does not include a printer.

The Fujitsu Micro 16s is considered a general purpose computer. It has a 128 KB memory, 8086 processor, Z80 processor, one disk drive, color monitor interface, and a number of other features. It is priced at \$1,528.

The Leading Edge PC-1 is also a

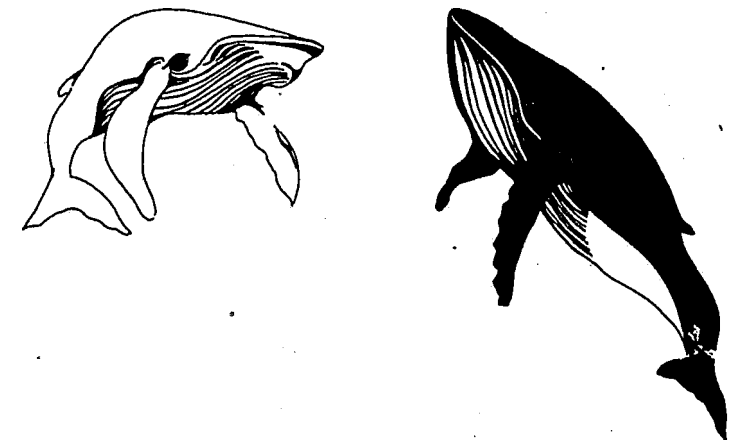
general purpose computer, featuring a 128KB memory, 8088 processor, two disk drives and other features. The price is \$1,499.

Delivery on all three computers is set at 90 days.

Discount computer purchases are available to any U of A student, staff member, and department.

The discounts come as part of a contract between the University and the Computer Center of Fairbanks and Juneau's Capital Office Supply.

For more information, contact Otto Whitfield in the UAJ Business Office.



Center offers services

Students at the University of Alaska-Juneau may want to check out services offered by the Zach Gordon Youth Center located in downtown Juneau.

The municipally-operated center provides recreational services to those 19 years of age and younger. During certain hours, part of the facility is available to those over 19.

The center has a lounge area equipped with color cable television, video and pinball games, and a stereo and tape player.

A weight room offers Universal gyms for workouts and a complete set of weights.

Two racquetball courts plus equipment are available.

One court is set up for a new game called Wallyball. The game is a version of volleyball played on a racquetball court. Under the rules of the game, the ball can be hit off the wall and struck with any part of the body over the waist.

There is no charge for teens using the equipment. Those 20 and older can use the weight room and racquetball courts for a fee weekdays from 6am-3pm and Saturdays 10am to 4pm.

For more information call the center at 586-2635.

Staff, students to meet candidates for director of university library

For the Whalesong

On Dec. 10, 11, 13 and 14 the two final candidates for the position of director of the UAJ library will be on campus. Open meetings are scheduled for faculty, staff and students to meet the candidates, to ask them questions and to discuss the role of the director of the library.

Colleen Power head of the User Services Division/Collection Development at California State University Library, Chico, California, will visit with faculty, staff and students from 3:30-5 p.m. on Monday, Dec. 10. Michael Herbison, library director at the University of Colorado at Colorado

Springs, Colorado, will be available 3:30-5 p.m. Wednesday, December 12. Both meetings will be held in Hendrickson Building, room 110.

Dr. Beverly Beeton, vice chancellor for academic affairs at UAJ said she is excited about the two candidates.

"I hope that everyone will take the time to meet these candidates and give me your comments regarding their qualifications for the directorship by December 21," she said. "The search has done an excellent job of identifying the final candidates and will be advising me on the interview part of the process as well the Library Advisory Committee, the Faculty Senate President and Assembly President."

Whalesong taken to task by USUAJ

By JAMIE FOLEY
Whalesong Staff Reporter

The first issue addressed on the student government agenda at the meeting of Friday, Dec. 7, was committee reports. John Patton, a representative on the student housing committee, reported on issues discussed at its last meeting. The possibility of the contractor's not finishing the student housing project by next spring was the area of primary concern. The committee made an effort to come up with options if such a misfortune takes place. Patton went on to say that the alternative of putting students up in a hotel was suggested. The possibility of paying for apartments around town for students was also considered.

Patton concluded, "A cruise ship was also considered, yet this option was put at the bottom of the list."

Jim Dumont, a student government advisor added that between Jan. 14-18, continuing full time students will have the opportunity to sign a priority list for student housing.

The next item to be addressed was the proposed purchase of a stereo for the student union. Joe Parnell submitted a final specifications sheet on the total cost of this system, including a breakdown of each stereo component such as speakers, amplifier, etc. The total cost for such a system, came to \$2,718.

A discussion took place on whether one pair of ADS 980 speakers, which would cost \$1,089, was appropriate to purchase.

Patton suggested that more performance speakers should be purchased, as "the ones chosen could blow out." Patton did not feel that these speakers would be durable enough for all the uses that would be expected of them.

A motion to approve the stereo purchase was tabled for further investigation.

Next on the agenda was discussion of concerns from the student body about the Whalesong Newspaper. Mike Mulnix, the newspaper's advisor was present to answer questions the council might want to ask.

To preface the discussion, Mulnix noted that, "Animosity between the student government and a student newspaper is very healthy."

Dave Hayes, a member of the student government added, "There's been a concern from students that the newspaper is publishing too much outside news. On the other hand, I've talked to some students that liked the community related articles, as well as the articles relating to the university." Hayes cited the "Watergate" and "Employee's Unionization" articles as examples of complaint.

Paul Warnow, also a government representative disagreed that the employee unionization was not relevant to the university. He went on, "Employee unionization will affect the student population drastically."

Patton said he would like to see more student related articles as well,

Joe Parnell, a student government representative, addressed Mulnix.

"It seems as though you've made the newspaper a tool of the journalism students. It should be a tool of the student body." Parnell, who is also a member of the newspaper staff, asked why one of his best lines had been cut from one of his articles. Mulnix replied that the statement had "libelous potential."

It was decided that a Publications Committee would be instituted to make periodic reviews of the Whalesong content and to recommend possible improvements. The make-up of this committee was formulated and passed, the members of which will be appointed at a later date. The committee will include two students from the newspaper staff including the editor, two student government representatives, two students at large, and a faculty member.

The meeting was wrapped up with a vote for Patton to take over the upper-division position on the student council. Patton was unanimously voted in, and following this vote, the meeting was adjourned.

**UAJ Student
Government
Meeting
December 14, 4 p.m.
Hendrickson Bldg.**

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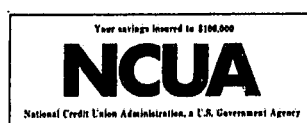
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Party party party

The Student Activities Office will be sponsoring a Christmas Party on December 22, from 2 p.m. to 5 p.m., in the Maurant Building. Cake and ice cream will be served and there will probably be some 7-Up around for the heavy drinkers. It is hoped that everyone will come but especially those students with children will bring their families for an afternoon of fun. The movie Charlette's Webb will be shown on video and word is that Santa Claus might make a surprise visit. Right now, this is only a rumor, and he is pretty busy around that time, but we also here that he's a pretty nice guy, and often goes out of his way for the little guy. Student Activities would like for this to be the first of a number of activities that reach out to the large number of part-time students with families. So if you can't get to Eaglecrest on December 22, come to the Maurant building for an old-fashioned good time.

Letters to Whale



Speak...we listen.

Chasing buses

Dear Editor:

I've heard of the old saying that "a little education goes a long way," but I never thought I'd have to go through the trials and tribulations of going a long way for a little education each day.

In other words, it distresses me that the University of Alaska, Juneau, Auke Lake campus and the Bill Ray Center are located so far apart. This creates a transportation and time problem for those of us who have to rely on the Capital transit system to commute back and forth. The time spent waiting for and chasing buses could be better spent furthering the education that we as students seek.

Let us begin a movement to unite all of the University buildings on one campus. Leave the bus chasing to the dogs.

Sincerely,
Marilyn Bean

Lockers wanted

Dear Editor:

As a full time student of the University of Alaska, Juneau, I attend classes every Monday and Wednesday from 9 in the morning to 6:30 in the evening. Since I don't own a car, I have to carry my seven books around school all day long.

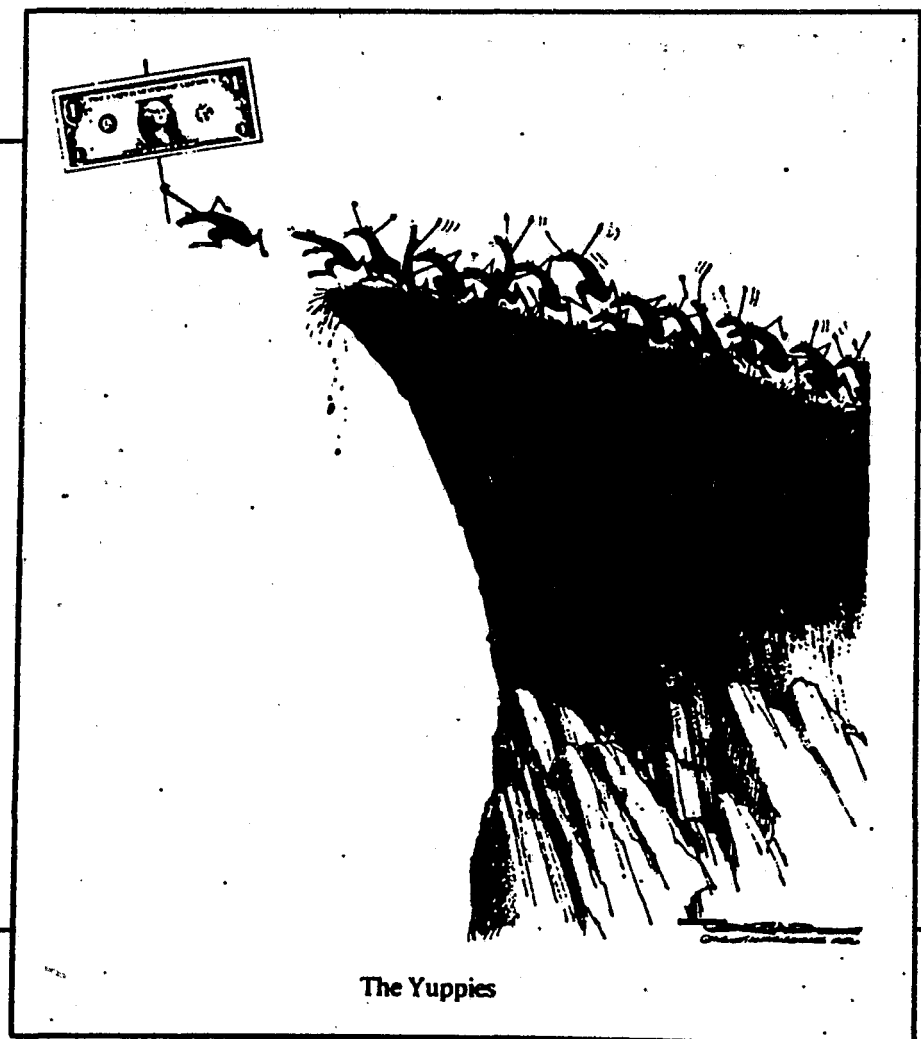
Requesting for lockers has been on my mind since my shoulder started aching a few days after school began. I also learned that other students feel the need for lockers as I do, and this motivated me to write this letter.

Is there any way the University can provide lockers? Any effort done would surely be appreciated by numerous students.

Thank you very much for publishing my letter.

Respectfully yours,
Kimberly Ann Hartsock

(Editor's note: Good news! On Nov. 9, the UAJ student government voted to spend \$7,734 on lockers. The arrival date is unknown, but they will be placed at the Bill Ray Center and in the Hendrickson and Soboloff buildings.)



peoples world

Kudos

To: Jamie Foley

There was a Woldbott in the Zoology Dept at OREGON STATE U, professor of zoology (originally from Germany)----- same one writing The Great Dilemma--Fluoridation? Woldbott from OSU wasn't too active until he was attacked for his stand on (against) fluoridation and told to "go on back to your monkeys"----- that started his further research and tireless publications in earnest.....

Good controversial article.....as emotional an issue in Oregon as abortion and the Viet war....just as with the Reagan/Mafia article last issue... while everyone may not agree one way or the other....isn't it great that there is some freedom of the press left so the public can at least be aware there are controversial issues?! Imagine the Empire printing anything that might rock the boat??

CONSTANT READER

Fit, trim and quick?

Dear Editor:

Speaking as a University student, I think that the name "Humpback Whales" is not an appropriate one for our basketball team. This title makes it sound as though our team is overweight and slow. Basketball players are supposed to be fit and trim and quick on their feet.

Why not try changing the name to Bears or Wolves or something else other than "Humpback Whales."

Sincerely yours,
Fernando Pintang

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Our office is located in the student government suite on the second floor of the Mourant Building, next to the entryway leading to the library.

Messages for the student newspaper may be left with student government, with advisor Michael Mulnix on the first floor in Mourant, or in the UACN mailbox by using the userid of JYWHALE.

The staff welcomes submissions of all kinds, but reserves the right to edit all

Under Fire in Nicaragua

Dear Friends:

This letter comes to you from Siuna, a mining town in Zelaya Norte, northeastern Nicaragua. I've been here a little over a week, staying with two Sisters of Notre Dame and visiting co-operatives in the campo.

Two nights ago, Siuna was attacked. We heard the gunfire begin quite close to our house at about 9:30 p.m., and then, further away, a few mortars. At 10:00 the alert siren sounded for a full minute, and the four of us huddled together on the living room floor. It soon appeared that the siren had gone off as the attack was ending; Siuna was deadly silent, the meager street lights shut off, the whole town holding its breath in darkness.

At 10:30, two women, one the head of the government here and the other a Catholic catechist, came to the door, their rifles slung over their shoulders. They were the rondin, the walking vigilancia. They asked us to keep watch for the rest of the night. This we took turns doing from the darkened porch of the house.

I had plenty of time to think out there, staring into the dark hill overlooking our street. I thought about mortars launched from that hill, falling through the fragile zinc roofs of people's homes here. I thought about how easily bullets slice through plank siding. I thought about the more than 7,000 people who have died at the hands of the contra -- more proportionally (given the small size of Nicaragua) than all the U.S. soldiers who died in Vietnam. What a loss for this tiny country.

I also thought about whether I might die that night. Oddly, now that I've been here five months, I seem to have lost my fear somewhere. It's not that I'm any braver than I ever was, but for some reason that hot terror I felt when Jalapa was on alert when I first got here in June just wasn't there. A cold anger seems to have replaced it, and a determination to stop this aggression.

The sisters have a map of the world on the wall of their living room. After these months of living deep in the Nicaraguan reality, it shocked me to surface for a moment, to realize just how tiny a piece of the world Nicaragua is. This is not the only lucha [struggle]; I have to remember that. But something is happening here that is larger than Nicaragua -- something as much of the spirit as of the material world.

Fortunately the attack on Siuna did little damage and no one was hurt. Bullets did fly through roofs -- I saw the

holes today -- and mortars fell horribly close to three houses. It seems the contras' objectives may have been more psychological than military, in any immediate sense. An attack like this means mobilization of the few remaining men in town. It means no one sleeps, and work is impeded. It means everyone is a little more afraid.

This is the season for harvesting rice. In the cooperatives all the men have been mobilized and the work of the harvest -- vital for all Nicaragua -- falls on the women and children. To harvest is to risk your life. Brigades of students from Siuna are helping with the harvest -- machetes in hand and rifles over their shoulders.

So many people have been kidnapped and murdered in this area that I hardly know how to write the reports we do for Witness for Peace anymore. How to keep fresh the horror of torture, of people hacked to death with machetes? Many people continue to work here in the face of death threats. A local priest often hears his name singled out for killing on Radio 15 de Septiembre, the contra station that broadcasts from Honduras.

Siuna sits in the middle of rich land, but people here are hungry. Contras prevent them from harvesting their own food, and they attack and burn trucks carrying supplies from the west. The people who drive those trucks are true heroes, placing their lives at risk every day. Just one story: an ambush at a bridge of a truck carrying

flour. The contras threw sack after sack of flour into the water until it looked like a river of milk, a woman told me. "Everyone was crying, because they saw so much food being destroyed," she said.

I spent three days at Hormiguero, a cooperative formed by refugees from the contras. The women there are tough and generous. A campesina greeting is a full hug -- even for a gringa she has never met before. I went with one of the sisters who is working with women's sewing cooperatives. We spent three days sitting on the porches of people's wooden houses, built on posts to let rain run by. We heard the news (bad), drank frescos (sweet), and admired the latest babies (fat and sleepy). In two years, these folks have done so much, clearing and building on a place that was pure wilderness when they arrived.

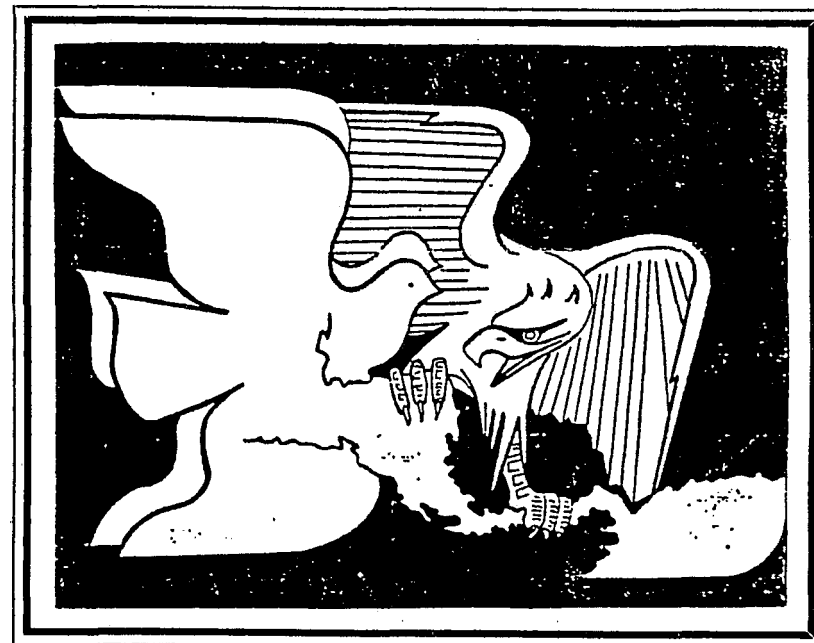
One night by kerosene lamp light we recorded the history of Hormiguero -- which families came first, from which village abandoned because of contra attacks. "We always knew we would live differently after the Triumph," one woman said. "We knew that we would want to leave our finca [small private farm] and work cooperatively, in community with other campesinos. Now we have achieved this."

Tomorrow I'm off to Rosita to spend

some time on Miskitu asentamientos, if the contras are allowing traffic on the road. Then Doug (my Witness for Peace work partner) and I will go on to Puerto Cabezas on the Atlantic Ocean, and stay there through the elections. La lucha sigue -- the struggle goes on. Abrazos.

Oct. 15

Rebecca Gordon
Siuna, Nicaragua



cispe north west

Nicaragua: Witness for Peace on Contra attacks

To my friends in Alaska:

Greetings to all of you from Nicaragua Libre. Lately I have been feeling the urge to write you all concerning some of my thoughts and experiences in this vibrant and beautiful country.

After my arrival here and a lengthy orientation, I was placed at San Juan del Sur, a small community of about 10,000 people located on the Pacific coast in southern Nicaragua. Lush green plants, rhythmic waves, and sunny clear skies give an ambience of warmth and tranquility. The people here have accepted us wholeheartedly making genuine friendships quite plentiful. There is more to San Juan, however, than meets the eye.

During Anastasio Somoza's dictatorship in Nicaragua, especially the last ten years of his reign, the people of San Juan del Sur were allowed to walk only on the dirtiest and tiniest portions of the beach; the rest was reserved for Somoza and his friends. To cut down a coconut from one of the palm trees was reason enough to be jailed. Family members rarely left the house after 5:30 p.m. fearing the National Guard's repression. Prostitution, gambling, and bars dominated the economy. As Javier, a neighbor of ours, put it: "Even though we didn't suffer as badly as other parts of Nicaragua, we still felt the oppressive hand of Somoza over all of us."

Continued on next page



Continued from page 5

After the victory in July of 1979 a feeling of freedom exploded. Now in San Juan del Sur people can go as they please while prostitution and other structural abuses have been abolished. The economic and social benefits of the revolution are manifested in the formation of nine cattle and one fishing cooperative, agrarian reform, major health and literacy campaigns, guaranteed low prices on essential foods, and the changing of Somoza's old homes into a cultural center and primary school.

Not all is well though as San Juan becomes the victim of increased United States aggression. This town has been attacked several times by the U.S.-funded contras (counter-revolutionaries

including many of Somoza's ex-National Guard): first, by speedboats that mortared and fired missiles at an oil tank and the town itself; and secondly, by planes and a helicopter that were repelled by anti-aircraft gun fire before they could enter the bay. Almost all homes have bomb shelters and each neighborhood is broken up into civil defense units.

It is hard to imagine that the people I have met here will become death targets of the contras. As Juan, a 16-year-old high school student and good friend of mine said, "I want to study architecture in another country, or even in Managua, but how can I leave my family here knowing that the contra could attack and kill my sister and little brothers at any moment? How about an invasion by the North American marines? Who will protect the people I love?" Many of my friends here, almost all of whom would rather be studying, are being mobilized to defend the borders; some will never be seen again.

Another community that I have visit-

ed that has also suffered aggression is Cardenas, a little village of about one thousand people. Located just three kilometers from the Costa Rican border, their livelihood during Somoza revolved around contraband trade between the two countries. After the victory, however, major changes took place: two cattle and one sewing cooperative were formed, a children's lunch program started, and a health center was enlarged. These achievements of honest work and dignity have given the people pride. As Consuelo, a young woman who grew up in Cardenas, simply put it, "Now we have work. We don't need to rely on illegal trade to make our money. This has especially helped the women because now we have a sewing cooperative which makes us feel a part of the economy and brings in extra money to feed our children."

The effects of the contra aggression are apparent here also. Last November Cardenas was besieged by 300 contras killing two civilians and wounding many others. If it had not been for the organization and will of the people to defend themselves, the contra would have easily penetrated the trenches that surround the town. There have been at least six attacks since then and several kidnappings of local campesinos. From the Costa Rican hills the contra can mortar and shell the town to their liking. The Nicaraguans in turn cannot fire back for if a bullet or mortar were to accidentally hit a civilian or Civil Guardsman in Costa Rican territory, it could give Costa Rica justification to break its neutrality with Nicaragua and/or receive more U.S. military aid. Thus, if the contra stay on the Costa Rican side, the townspeople of Cardenas can only sit still and observe the destruction of their town.

I become outraged when I think of what the next major attack could mean for Cardenas. Many people here have repeatedly told me that they will fight to the end before the contra would ever enter their town. These people have no doubt what the enemy will do to them.

I wrote President Reagan and certain representatives from Congress to invite them to Cardenas, to see the faces of the children and families who could very well be dead a few months from now. I want them to know who their policy is affecting and what suffering it has already brought. If they can live with that choice, then I pray for them that they will regain compassion and be forgiven.

One would think that the Reagan Administration has already inflicted enough pain on this country with 7,000 dead and many more wounded -- but no -- the assault continues. I am just one North American here out of several thousand, but what I fear most is what everyone else fears also, a U.S. invasion. The outcome, at best, would be a huge bloodbath with both sides suffering tremendous losses. I can assuredly say that after having been in Nicaragua several times over the last two years, that even if the cooperatives were destroyed, schools burned, and health centers razed, neither the United States nor any other foreign power could ever crush the will and spirit of these people. They have tasted freedom and justice; they will not give it up easily.

Let us all pray and work together to prevent this nightmare from happening and let Nicaragua determine its own destiny. In closing, I'll let the words of Marcos, a young man who lives in Cardenas, sum up my feelings: "What we want more than anything else at this moment is peace. What I don't understand is why your people in the U.S. permit their government to carry out this aggression against us. I thought you were a Christian nation. David, make sure you tell your people, especially those from the church, that we need their aid and friendship if the war is to be stopped and justice prevail in my country. Please, tell them that for me."

In peace,
David Ramalay

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By RON REED
Editor of the Whalesong

Vietnam comes to Central America

Here We Go Again

We live in a world of great contradictions. On the one hand, we as a race are capable for the first time in history of totally abolishing the gnawing ache of malnutrition, of doing away completely with desperation. On the other hand, those who argue for the essential depravity of the human spirit can point to global suffering on such a paralyzing scale that most of us, most of the time, have to close our minds to it to live useful lives.

There are, however, two kinds of suffering and oppression: those that we as individuals and groups can do something significant about, and those that are beyond our power to affect. When a country towards which we are officially hostile -- Libya, for example -- commits an oppressive act, there is obviously little we can do short of declaring war on that country. When the act is committed by a government which depends on the United States for aid, such as Chile or Israel, the U.S. obviously has much more leverage.

But when it is our own government, acting in our name, that is directly responsible for suffering and oppression, we are not helpless, nor can we be held blameless if we choose to do nothing, to close our eyes.

For the last three years, in Nicaragua, our country has sponsored a deliberate covert war of terrorism against a tiny country, and a desperately poor country. In violation of our constitution, of international law, of the Rio treaty which we ourselves wrote, and of the Nuremburg covenants, we have turned a ragtag collection of bandits numbering perhaps 600 into a vicious army of 18,000 mercenaries, torturers, thugs and psychopaths, and paid it to attack school teachers, medical workers and peasants, and to destroy the economic infrastructure being painfully rebuilt from the ruins of the uprising against the last tyrant we installed.

Administration claims

If another power were to commit as much violence against the U.S., on a per capita basis, as we have against Nicaragua, we would be facing over \$100 billion in destruction and over half a million deaths, mostly of civilians.

What have the Nicaraguans done to us to deserve such shabby treatment? Do they threaten our "national security,"

as the President has alleged? No; the Nicaraguan government has repeatedly promised not to allow any kind of Soviet military presence; after all, they came to power in the process of getting out from under the dominance of one superpower, and hardly want to be dominated by the other. Further, Cuba has counseled the Sandinistas to avoid its mistakes and not to become dependent on any other country, while the Soviets, to whom the Sandinistas were forced to turn for aid after the U.S. blocked most other channels, have been niggardly at best.

Well, then, are they trying to overthrow the Salvadorean government by supplying its rebels? David MacMichael, the analyst who was hired by the CIA to sift the evidence, found no credible evidence at all after April 1981. Even the CIA itself described the flow of aid as a "trickle," while the State Department has been reduced to putting on media circuses in which blobs of light on a dark background are claimed to be boats unloading a mother ship, and in which M-16's that have been widely available on the international arms market since 1978 are described as conclusive proof that North Vietnam is funneling guns to El Salvador through Nicaragua.

Is Nicaragua's "build-up" a threat to other U.S. allies, such as Honduras and Costa Rica? Aside from the fact that the Honduran air force is by far the best equipped in the region, and that El Salvador has more helicopters than Nicaragua; aside from the fact that Nicaragua is now completely surrounded by hostile troops, there is the pertinent fact that even administration officials have described the Nicaraguan build-up as consisting mostly of defensive arms, of the sort a nation might use to defend itself if it were invaded.

Supporting democracy

Well, then, perhaps the U.S. merely wants to pressure the Nicaraguan government into keeping its promises to the Nicaraguan people, and to make sure it doesn't become a new tyranny. There are a couple of minor problems here: first, if the U.S. is so keen on democracy, why doesn't it pressure such client dictatorships as South Korea, Indonesia, Taiwan, Chile, Guatemala, Haiti, Zaire, Pakistan, Turkey, Thailand, Sudan, Paraguay, and the Philippines into holding elections? Many of these regimes, in fact, came to power following coups against democratic governments that the U.S. opposed. In some of them, the U.S. was even directly responsible for the overthrow of their legitimate governments.

Secondly, where elections have ta-

ken place in U.S. client states this year (as well as in previous periods), they have been somewhat influenced by a sudden influx of American dollars, equivalent in terms of population to tens or hundreds of millions spent to influence a U.S. election. If the Russian KGB had given \$100 million to the Democratic Party in the last election, and it had then won, would we consider this a legitimate outcome?

Thirdly, the U.S. has done all in its power to undermine the Nicaraguan elections, ranging from pressuring the strongest opposition candidate to boycott them, to having its contra army kidnap election officials, to psychologically terrorizing the Nicaraguans on the eve of the elections by launching supersonic Lockheed SR-71 spy flights to crisscross the country with sonic booms, to attempting to bribe the remaining opposition candidates to withdraw from participation. [The elections in El Salvador, Nicaragua, and the U.S. will be the subject of an in-depth study in the next Whalesong.]

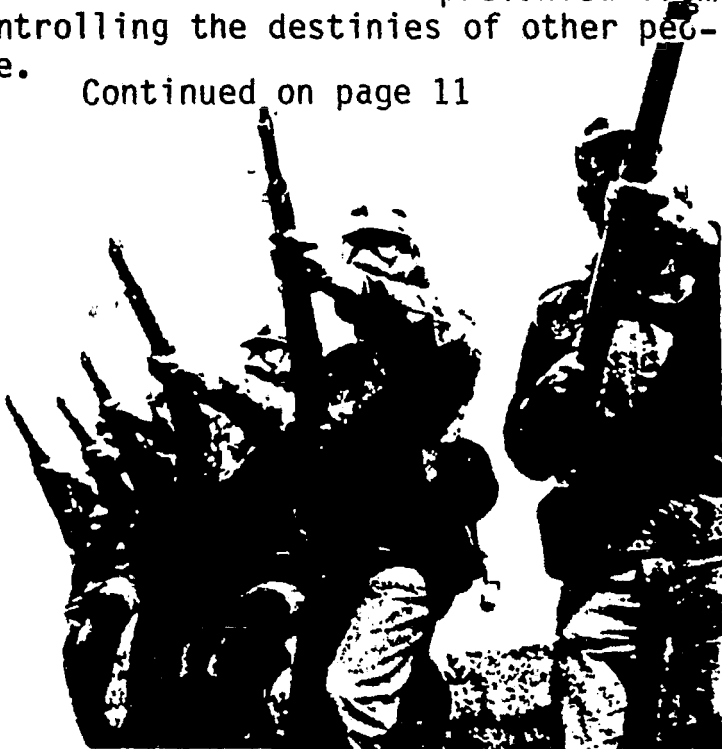
Spheres of influence

Finally, it would seem self-evident that launching a terrorist campaign against a country is unlikely to result in its loosening its controls; very likely, the opposite would be the case, as has happened in Nicaragua. In time of war, especially a defensive war against an occupying army, freedom of speech and association are among the first casualties.

So why is our government sponsoring sabotage, terrorism and massacres in Nicaragua? Suppose one were to venture the answer that it is out of habit; that we have done so much of it in the past that we feel we have a right to continue to plunder based simply on our desire to do so. Or that one were to answer that we take pride in interfering in the internal affairs of other countries, and that it is intolerable to us that we should be prevented from controlling the destinies of other people.

Continued on page 11

central america alert



MCMLXXXIV

Spaceprobe:

The planet like a
fallen fruit
lies rotting;
frantic maggots erupt
blindly,
groping outward to
new hosts

Environmentalia:

Miasmic vapors rise
to fornicate with
saffron skies;
sluggish streams pulse
languidly to the ocean--
the outlook for coastal
areas is peristaltic
motion

And from the A.M.A.
another bulletin: "We
have conquered all the plagues
mankind endured before---
unfortunately, the planet
has developed a stubborn
running sore"...

God how beautiful the earth
must have been...
before naked man emerged
and how the innocent creatures
must have rejoiced at this new
baboon topping evolution's ladder,
festooned in fur and feather and
pilfered hides misnomered leather;
the pinnacle of all creation,
master race...self-made in the image
and likeness of acne vulgaris,
proliferating across
nature's face.

Pauline Olson

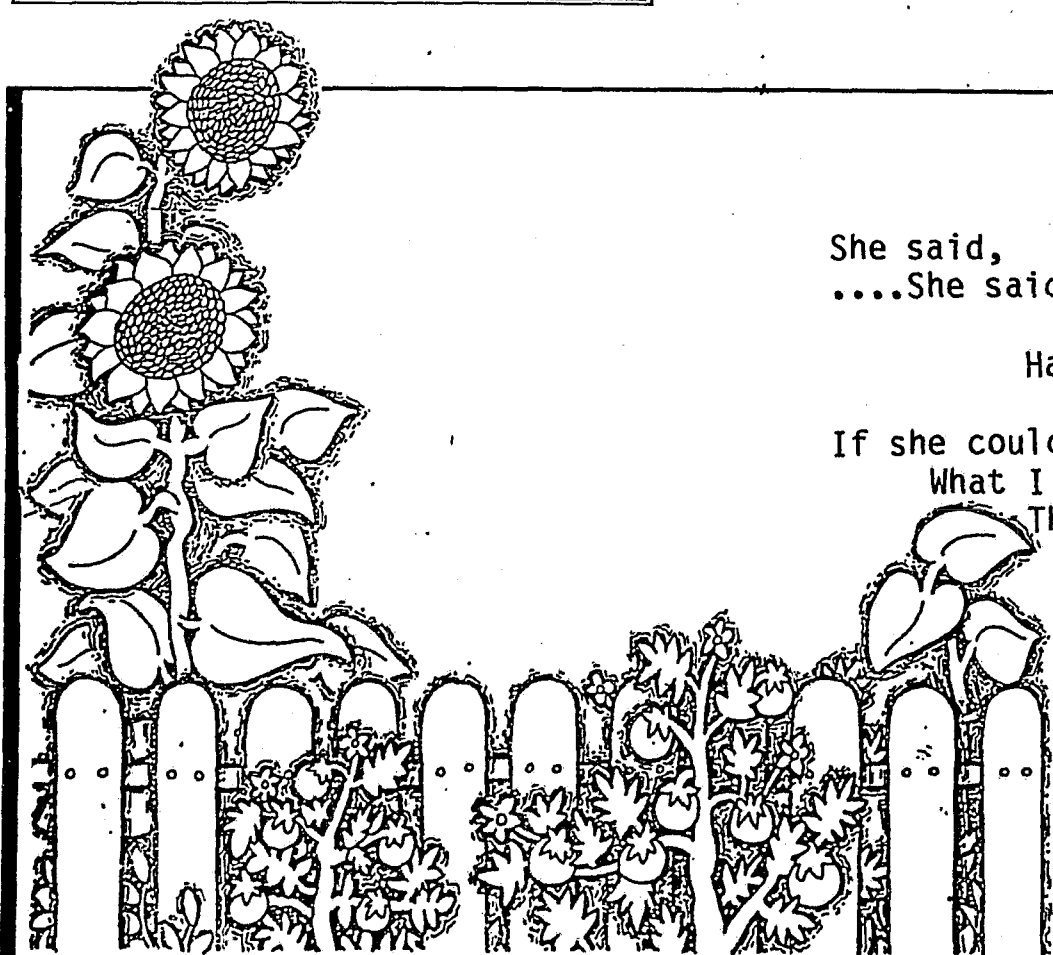
jim stenzel/sojourners

She said,
....She said I'm hard on me...

Hardly.

If she could see
What I can see.
Then she would see
The need to be.

Mary Carson



ESPERO

Embraced in tender talons.

Labored beat of breathing wings

mounting me up.

Fear of falling

rising high.

Trembling to my nest.

Mary Carson

Grenada, Fall of 1983

blue waters and white sky
reflecting in the polish of 12,000 yanqui boots
picking though the rubble of a mental hospital, searching for communists --
you can tell by the opaque smiles
hard-eyed marines round up a welcoming party for the tv crews & cameras
dark caribbean eyes to haunt the nation's television sets
green khakis acres of black flesh & teeth white as the sky
wide as america

camera i blinks, & he-e-ere's Ronnie explaining impatiently that grenada is
closer to washington dc than el salvador is to san francisco

huckster's eyes bark metalically
amid an invisible sea of black washington faces
the news commentators put on their most responsible masks
spread their cheeks in a smile as they
bend over & grab their ankles --

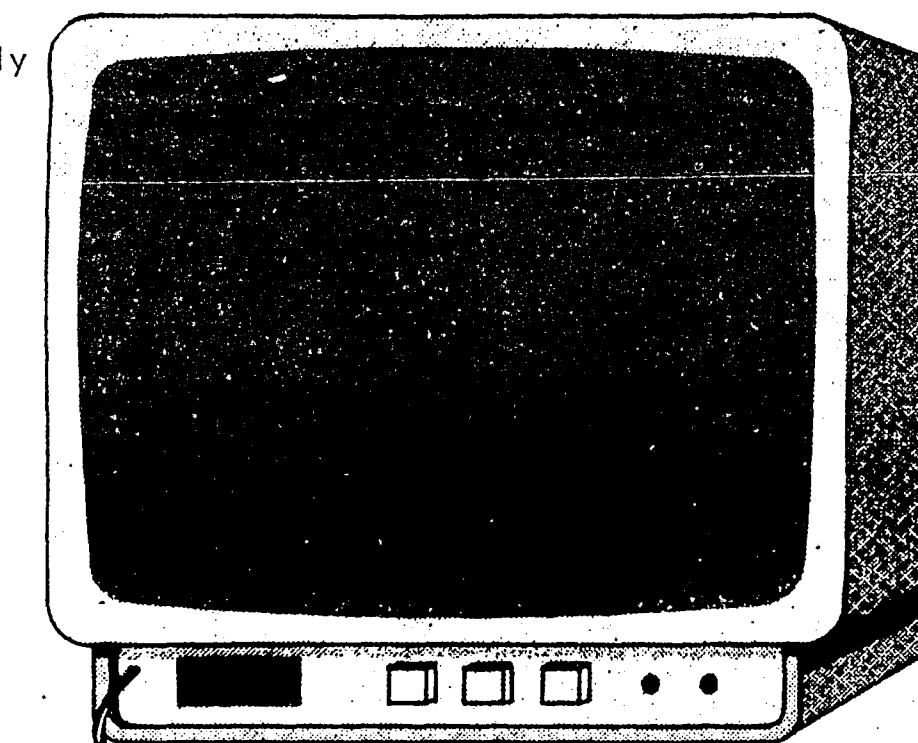
yes, mr president, thank you mr president
no further questions mr president -- pan away --

they've just found some more grateful grenadans --
teeth gleaming like shells, they kneel and kiss the ground:
"just in time" thank you mr president "do you know what
these people were doing? arming themselves, for chrissakes,
the living gall said we were planning to invade them!" obviously
paranoid, agree the newscasters, far more weapons than they
needed. to defend. themselves. "it's just that them niggers
don't know how t'fight, hell, only took 6000 of us to subdue
th' whole fuckin' island!"

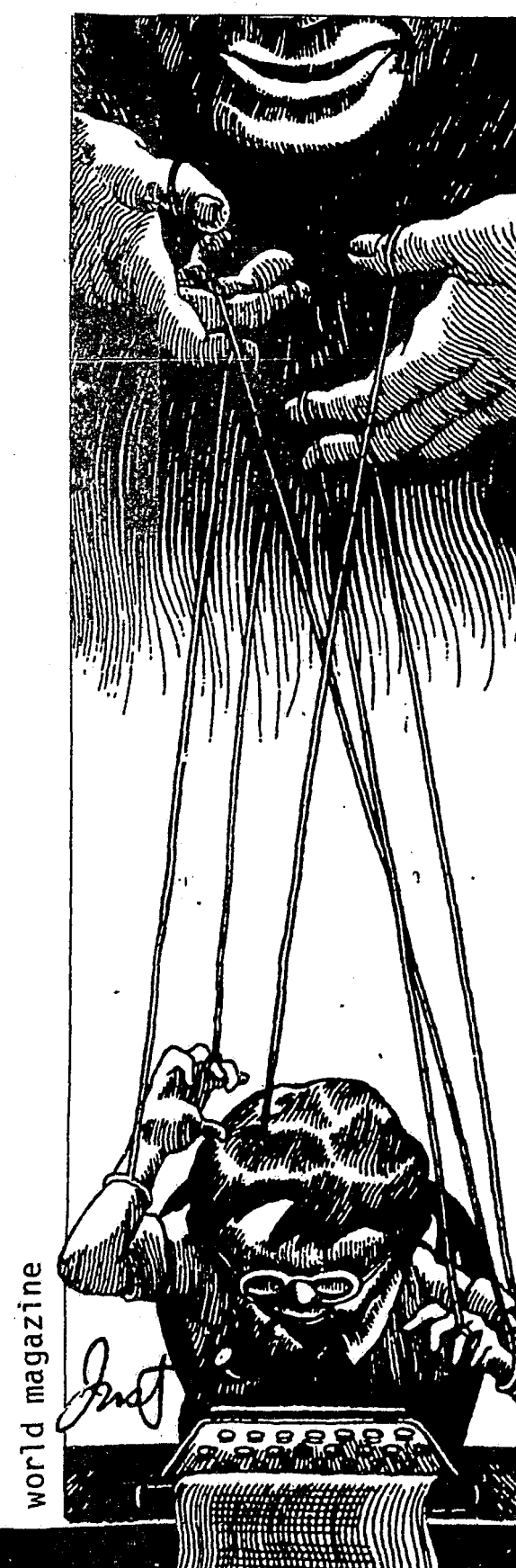
The Mongoose prepares his triumphal return, hot on the steel &
rarin to go, mission accomplished as the obsidian stare from
open shirts pushes the retreating marine backs out into the
surf
& the planes full of paramilitary police touch down

eyes remote as chile
as the moro wars
as christianity
watching the camera crews pack it up
& the smiling cobra coiled up in washington dc
turning wearily away from the images for next time
to the oblivion of newspaper morgues
the cabinet lifts their dusty glasses to teddy
congratulations all around
while the reporters line up stoically to take their medicine
rows of rumps marking the edge of the boulevards with honor guard sharpness
yes mr president thank you mr president no further
me next mr president --
through the swirling gray lies, a single beam illuminates the cheeks
shiny faces of the new recruits
to the old ways
light glints off the jewel buried in the ruins on distant diamond shores
under white sky surrounded by
blue water & secret queasy feelings

Ron Reed



world magazine



world magazine

ARTS PAGE

UAJ Whales shooting to win b-ball game

By JAMIE FOLEY
Whalesong Staff Reporter

The UAJ basketball team has been practicing since October 15th in preparation for their inaugural game on New Year's Eve against Western Baptist, according to Clair Markey, the team's coach. The game begins at 7:00 p.m. and will be held at the Juneau-Douglas High School, which has a seating capacity of 1,500. The following day at 8:00 p.m., the UAJ team will again play Western Baptist. All home games will be played at the high school, said Markey.

The UAJ basketball team has 10 home games this year, and will make two separate trips out of state to play against other teams in the district, according to Markey. The UAJ basketball team competes in the NAIA league, which is an affiliation of small colleges. Because this is the first year the team has played, the NAIA level is an appropriate classification, according to the coach.

Markey said that the team is coming right along, the conditioning is good, and the team is right on schedule. Although the team is the smallest in the district according to height, he added, he thought it will be an exciting year. Markey feels the team is good for the university, as well as the community, and will help identify the university to the Southeast.

Bud Shaw aiming to have first riflery meet in January

By JAMIE FOLEY
Whalesong Staff Reporter

At the Harbor View School rifle range, the UAJ rifle team will hold its first meet of the year, according to Bud Shaw, the team coach. Although the exact date is not set, the meet will be held within the first week of January.

According to Shaw, the team so far has been progressing strongly. "The returning shooters are doing real well, and the new comers are coming along," he said. Shaw added that if one particular newcomer improves, he sees no problem with the team defeating Anchorage. He went on to explain that the team lost two of its best shooters because of a transfer, and the other due to graduation.

There are six members on the team this year -- four male, two female. The UAJ team competes against the local Na-

tional Guard, UAA, and UAF. Last year Fairbanks was rated in the top 10, and UAJ was ranked at around the 37th mark.

The rifles used at these competitions are strictly .22 caliber, and the range of shooting is at 50 feet. The bullseye is the size of a pinhead at arms reach, and Shaw explained that the sport of rifle shooting is based on precision.

When asked if he thought women were better shots on the average, Shaw said, "Yes, they seem to be because of their ability to concentrate more effectively. Becky Hinman, a woman on the team this year is a real fine shot," Shaw said. Colleen Campbell, a woman who graduated last year was also a good competitor.

Shaw added that any student was still welcome to sign up for the team. The rifle range is open from 5:00 p.m. to 9:00 p.m. on Mondays and Wednesdays.

Mueller nabs spot in new Miller flick 'Ski Country'

By JOE PARNELL
Whalesong Staff Reporter

Were you aware that one of our very own, here at the university, was filmed and made part of the Warren Miller movie *Ski Country*? The movie is an annual event and almost religion to ski fanatics.

Miller travels all over the world and gathers film footage of the hottest and most daring snow skiers, water skiers, snow mobilers, and other psychotics, then combines them into a two-and-a-half hour movie that is played in auditoriums, gymnasiums, and movie theaters across the country.

On Friday, Nov. 30, it was shown at JDHS's new auditorium before a packed house. One of the clips that garnered the most "oohs" and "ahs" was that of two ladies who rode a waterbed filled with air down a slope, then hit a snow bank and crashed. The really great thing is that one of the daredevils was Maija Mueller, a junior here at UAJ. I had a chance to interview her for the *Whalesong*.

Joe: What's the story?

Miss Mueller: I was down in Portland and a radio station was advertising these waterbed races up at Mt. Hood.

So three friends and I went up to have some fun. It was a two day thing. The first day, the object was to see how many persons could cross the finish line on the waterbed. So about 10 people would get on and two or three would finish. You know, there isn't anything to hold on to on a waterbed and they get pretty slippery. But everyone was falling off and getting hurt so the second day they decided to go with two-man teams and let the best time decide who won. My friend and I knew one of the disk jockeys so we got to be first on the second day. We waxed the bottom of our waterbed for maximum speed, but no one realized how fast you could get

going. It was the first time anything like that had ever been attempted in the world. They built a snow bank at the bottom of the course because the day before you had had to chase your waterbed all the way to the bottom of the mountain. I had my eyes closed but I guess we were just screaming down the mountain and we hit that snow bank after we crossed the finish line. It threw us into the air and when we landed I was hurt badly. All I could do was lie in the snow for 10 minutes. My friend had a bloody nose. They took us to the first aid center and told us we

Continued on Page 12

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Nicaragua: The Dirty War

Continued from page 7

Surely such a flip answer would open one to charges of spouting Kremlin propaganda, of being a tool of our enemies, and of caricaturing the noble motives of America's foreign policy.

These justifications, however, were actually seriously offered in the pages of *Foreign Affairs*, the prestigious journal of the Council on Foreign Relations, which regularly contributes its members to Cabinets of both parties, and has in fact been the developer since World War II of our "bipartisan" foreign policy.

Writing in the lead article for the Winter 1980/81 issue (before the decision to attack Nicaragua), Robert W. Tucker, a leading scholar of international affairs and the author of one of the few serious studies of the "radical critique" of U.S. foreign policy, noted in connection with Central America "the difficult, perhaps even insoluble distinction between need and want."

Although Tucker readily admits that no threat to our economic well-being or security would result from a reluctance to use violence in the region, he still claims the right to use force to control the people of Central America, based on two fundamental principles: the first is that Central America "fall[s] within our sphere of influence," so that "[w]e have regularly played a determining role in making and in unmaking governments, and we have defined what we consider to be the acceptable behavior of governments."

"Our pride is engaged..."

In other words, never mind the democratic niceties -- because we've enforced our will on other sovereign peoples in the past, we have the right to continue to do so.

The second factor cited by Tucker (who was something of a dove on Vietnam, and thus cannot be accused of being a foaming-at-the-mouth rightwing ideologue) is that "In Central America our pride is engaged. . . . If we [cannot] prevent the coming to power of radical regimes in Central America, we have even less reason to do so in other areas."

If we take Tucker at his word, and as representing the mainstream consensus among the foreign policy elite when it comes to Central America, there is clearly nothing Nicaragua can do to prevent an eventual U.S. invasion. In fact, the Sandinistas have bent over backwards to accommodate the U.S., but would be betraying the ideals they fought for and the people they represent, were they to allow the U.S. to install another Somoza or some similar dictator. For the only thing that would satisfy Washington would be for the Sandinistas to abdicate, and allow

the right wing (who were decisively defeated in the recent election) to take power by force.

The contras we pay would then exact a terrible toll -- not only have they shown no sign of hesitancy when it comes to massacring the infirm and helpless, but they have repeatedly and openly expressed their intention of extracting revenge once in power.

Vietnam, Act II

The issue is drawn; the players are now in place: the Sandinistas, supported by a large majority of Nicaraguans, attempting to develop their fragile hybrid of a humane revolution, making mistakes along the way and trying to find the room to maneuver to correct them; the U.S., like Nixon's "pitiful, helpless giant," moving to crush the fledgling breed, and restore its manhood through the classic ritual of blood sacrifice. And a tragedy of immense proportions unfolds.

"We have regularly played a determining role in making and unmaking governments, ... and defined acceptable behavior of governments."

The curtain is rising on Vietnam, Act II. The foreign policy elite is convinced that with a few ritual genuflections to democracy, the complaisant American population can be lulled into going along with another military adventure, and that while it might take five years, ten and a half billion dollars, and 23,000 American casualties, the United States can still reverse the "Vietnam syndrome" and turn Nicaragua from the "threat of a good example" (the real meaning of the domino theory) to an object lesson for the Third World in the cost of putting national sovereignty ahead of the desires of Great Powers. (Figures from a study entitled "The costs of intervention in Nicaragua," prepared for the State Department by Georgetown University professor Theodore Moran.)

If we really believe in democracy and the common good, we have our task cut out for us. It is up to us as citizens to stop the ongoing orgy of senseless killing, and to prevent our leaders from once again dragging the whole country into a nightmare of endless war.

The comforting myth

It may be comforting to think that, as Ronald Reagan proclaims, the Kremlin is the "focus of evil in the modern world"; as in his movies, if the other guys are the bad guys, then we're the

ones in the white hats. Beyond that, it requires little sacrifice or commitment to oppose the evil acts of the other side; who was ever pilloried in the U.S. Congress or press for being "anti-Soviet"?

But let's not kid ourselves. Evil has no "focus"; evil is evil wherever it takes place, and whoever the perpetrator. When the behavior of our country is immoral, either we oppose it or we are party to it.

We live in a democracy, and have rights guaranteed to few other people in the rest of the world. We have the responsibility to use those rights, or sooner or later we will lose them. Or, as Humpty Dumpty said, "the question is who's in charge, that's all."

Worldwire

Continued from page 14

course. Or, as presidential spokesman Mark Sheehan put it last week, "You can't expect the President to explain foreign policy decisions. It is enough for him to consider the factors and decide, for the good of the country.")

According to a military spokesman, Sec. Weinberger will have the task of "dictating a national policy on how an operation is covered."

Meanwhile, in New York, the INS chose the same week to raid the offices of *El Diario*, the only Spanish-language daily in the country, owned by the Gannett newspaper chain. The agents, who claimed to be acting on an "anonymous tip," were looking, so they said, for undocumented aliens. Among those questioned and asked for his "green card" was the paper's American-born editor-in-chief. Can't be too careful.

The agents left without finding any undocumented aliens, and the editors of the paper -- who are pillars of respectability in the Hispanic community, and thus unlikely to be infected with the virus of radicalism -- noted that the paper had recently printed an expose of conditions in the Manhattan immigration center.

This was at the time when the debate over the Simpson-Mazzoli Immigration Bill was at its height, and was moreover at a time when Reagan was wooing the Latin vote. The editors leaped to the obviously paranoid conclusion that the raid was an attempt at intimidation.

In an editorial the next day, the paper called the raid "fascistic and militaristic." That, however, was probably just sour grapes due to *El Diario's* not being included in the "war press pool" to cover the next U.S. invasion -- which, to add insult to injury, may well be in a Spanish-speaking country.

Sources of information:
World Magazine, Nov. 3, 10

Student stars. . .

Continued from Page 10

didn't have any broken bones, so we went to the bar. It was there that they told us Warren Miller had been filming, and that made all the pain worth it.

Joe: Do you see waterbed racing as a sport of the future?

Miss Mueller: Well, it takes a special breed of person to race waterbeds.

They have a different look in their eyes, a different outlook on life, one that says, "I'm gonna have fun, no matter what the bodily damage." I'm not sure there are enough of those types around anymore. I think they all died while hang gliding.

Joe: What are your plans for the future regarding waterbed racing?

Miss Mueller: I'd like to try and start a waterbed racing club here in Juneau. I think there may be enough people willing to take risks. Look at all the people that breathe the valley air. Right now I'm working on a government grant for just such a project. We're calling it People for Playing Amendment.

Joe: We'd all like to get our hands on some oil money, so why would the legislators support this?

Miss Mueller: I think I could have a competitive team put together by '88 with a little monetary support.

Joe: Waterbed racing in the Olympics? Isn't that a trifle imaginary?

Miss Mueller: Four years is a long time. This sport could explode into a

world wide fascination by then -- look at Trivial Pursuit.

Joe: Is it the glory that makes you

love the sport, the fan recognition? Miss Mueller: That's a small part of it. I think that we all have a nook in

Financial aid. . .

Continued from Page 1

must be done so the aid recipient will not be placed in an over-award situation. Students must repay the Department of Education if the Financial Aid Office allows the student to receive an overaward.

As a result of these federal regulations we may appear to be unfair in awarding aid. The only way we can help you avoid the trap of being overawarded funds is for us to know about the potential source of outside funding as soon as possible.

If you have any questions about outside funding impacting your aid, come into the Financial Aid Office and we will be glad to review and discuss your funding situation.

Class schedule. . .

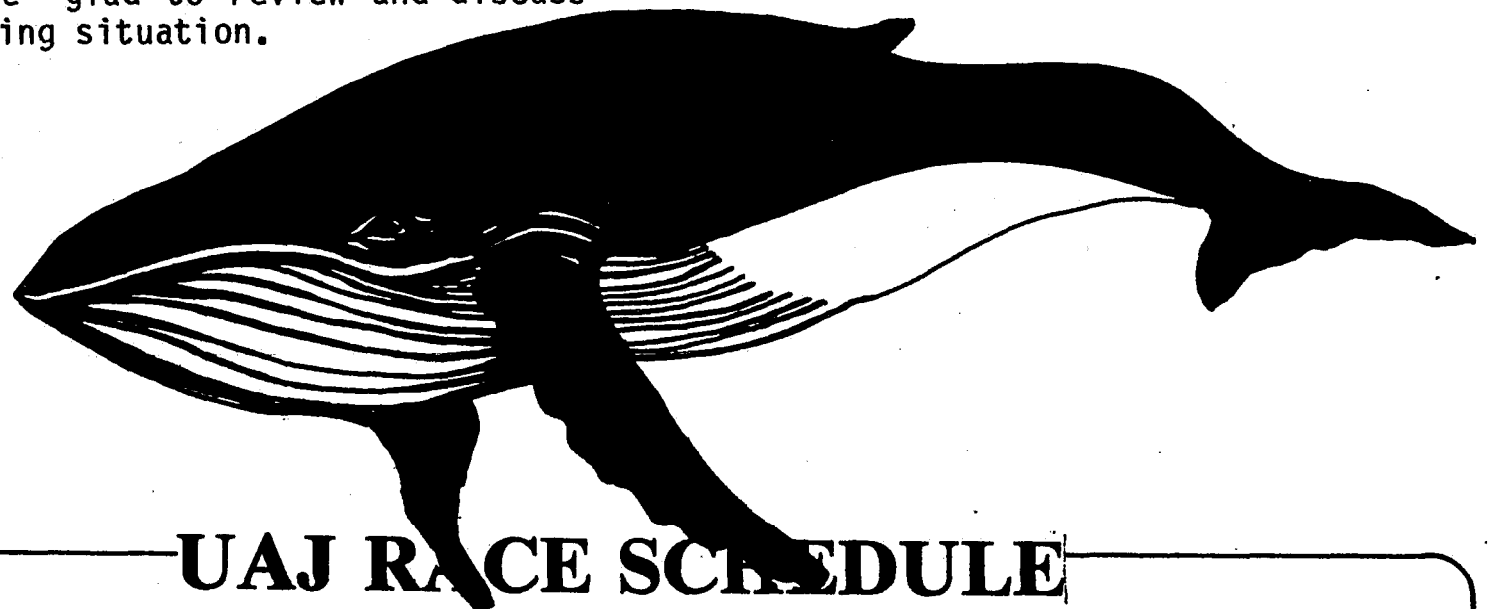
Continued from Page 1

before the semester began.

But Beeton said this Spring's schedule is out earlier than those published in previous years. She said that the large number of part-time faculty, who are more apt to cancel classes, makes it hard to release a schedule much earlier than the mid-November date.

She said release of the schedule is timed to allow its appearance just before pre-registration takes place.

UAJ's spring semester runs January 14-May 4. Pre-registration took place Nov. 26-Dec. 7. Regular registration takes place Jan. 8-9.



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| 1/25-27/85 | SL/GS | NCSA | WESTERN WASH. U. |
| 2/2/85 | GS | USSA | JUNEAU SKI CLUB |
| 2/3/85 | SL | USSA | JUNEAU SKI CLUB |
| 2/9-10/85 | DH | RAINER | EAGLECREST |
| 2/15-17/85 | 2 DH,GS,SL | USSA | ALYESKA SKI CLUB |
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| | | | NCSA REGIONALS (IF WE QUALIFY) IF NOT, |
| 2/23/85 | GS | USSA | JUNEAU SKI CLUB |
| 2/24/85 | SL | USSA | JUNEAU SKI CLUB |
| 3/2-3/85 | DH | RAINER | EAGLECREST |
| 3/6-9/85 | SL/GS | NCSA | COLLEGE OF IDAHO |
| | | | NCSA NATIONALS (IF WE QUALIFY) IF NOT, |
| 3/8-10/85 | DUAL SL | BMB | EAGLECREST |
| | | | SOURDOUGH CUP PRO-AM |
| 3/30/85 | GS | USSA | JUNEAU SKI CLUB |
| | | | SOUTHEAST CHAMPIOSHIPS |
| 3/31/85 | SL | USSA | JUNEAU SKI CLUB |
| | | | SOUTHEAST CHAMPIOSHIPS |

Aerobics: adding years to our lives

By TANYA FOLDAGER
Whalesong Health Columnist

In this age of physical awareness, when more and more people take part in one form of exercise or another, many people are still unfit. Even those people who regularly work out at spas, play tennis, raquetball, football, baseball, or do calisthenics are not maximizing the positive effects of their sport. What is needed is an exercise program that works the heart and lungs at a rate that demands large amounts of oxygen. The American Heart and Lung Association has claimed that aerobic exercise is one of the most effective methods of attaining fitness.

Aerobic (meaning, requiring the presence of free oxygen) exercise is the pulse rate system involving vigorous exercise for at least twenty to forty-five minutes (non-stop), three to five times a week. This results in high amounts of oxygen being delivered to the heart and lungs.

Besides the aerobic workouts at clubs and spas, you can also try jogging, lap-swimming, continuous rope-jumping, cross country skiing ('tis the sea-

son), hiking and cycling. Go ahead, use your imagination. I'm sure you can think of at least one more activity to get that pulse rate up.

Regardless of your chosen method, if you are unfit and starting a new exercise program, consult a health practitioner first and follow these basic rules:

1. Start slowly and increase slowly. You don't want to "burn-out".
2. Be patient. It took years to become unfit and may take months before you notice results.
3. Always warm up and stretch out first to avoid pulling or over-stretching stiff muscles.
4. Always take at least five minutes to cool down and lightly stretch out after the workout.

You may be asking yourself, "How does aerobic exercise work?" Let me explain. We breathe in oxygen (inhale) and our lungs transfer that oxygen to our blood. Our heart pumps this oxygen rich blood to body tissues (muscles, etc.) where it combines with nutrients to produce energy. Then the blood carries waste out through the lungs (exhale). The more oxygen

supplied to our muscles, the more efficiently our bodies utilize oxygen. Exercising conditions our bodies to use more oxygen more efficiently. After a few months of aerobic exercise the lungs become stronger, the heart beats less often at rest and pumps stronger, and the blood carries more oxygen to the muscles. The result is increased efficiency in the circulatory system.

Studies have shown that regular aerobic exercise will not only decrease the likelihood of cardiovascular disease, but will also increase a person's self-esteem and emotional state of being. People who are able to perform strenuous activity generally feel better about themselves than their not-so-fit counterparts. People who are overweight and out of shape often do not like the way they look and feel.

The benefits of aerobic exercise are numerous. Being physically fit can greatly decrease levels of anxiety and depression, not to mention medical problems. The message is clear: aerobic exercise makes us look better and feel better. Aerobic exercise "adds years to our lives and life to our years."

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Worldwire

Free Speech Permits, Apply Inside

Everyone knows that the exercise of Constitutional rights must be accompanied by restraint, or civil order collapses into chaos. As Justice Felix Frankenstein said, freedom of expression doesn't include the right to empty a crowded fire sale by yelling "Theater!" Or something like that. Anyway, you get the idea.

In keeping with this philosophy, New York City, where things go better with Koch, now issues "Free Speech Permits" that entitle the bearers -- limited to eighteen at a time -- to "Regulat[ed] Exercise of Certain Free Speech Rights." The "regulations" require that "exercising Free Speech rights before the public shall be done in a conversational tone," and forbid the use of devices which "tend to cause a disturbance or distraction," such as voice amplification devices, musical instruments, and "others."

Permits, which are issued from an unmarked room in Penn Station, are good for a year (presumably dependent on good behavior), but must be renewed every day the holder returns. These lucky holders apparently consider information about the system to be proprietary; an East Coast journalist who attempted to find out the number of people who applied was told by a permittee that that information was worth "a thousand dollars."

Of course, that's in 1984 currency.
Source of Information: The Progressive, Dec. 1984

We Book'em, You Cook'em

One of the hotly debated topics in last year's legislature was the proposal by Rep. Charlie Bussell to reinstitute legal murder in Alaska, in keeping with the spirit of "frontier justice" in this, our Last Frontier. To the disappointment of the new moralists, however, the idea died in committee in the Other House, so Alaska remains in the diminishing company of the "wimp" states that allow heinous crimes to go virtually unpunished, meting out wrist-slaps of a mere four or five centuries' confinement.

While waiting for our legislature to catch up with Florida and the Iranian Majlis, however, would-be fry cooks might do worse than peruse the Louisville, Kentucky Want Ads, which ran the following offer last summer:

NEEDED

Executioner for the electric chair at Kentucky State Penitentiary. Only serious applicants need to apply. Send a handwritten letter listing

any qualifications to Warden Gene A. Scroggy, Kentucky State Penitentiary, P.O. Box 128, Eddyville, Ky, 42038.

No phone calls will be accepted.

...

A 2 day training session will be conducted. Fee is negotiable.

Unfortunately, the closing date for the position has already passed; indeed, it was the day after Independence Day 1984. But cheer up; we understand they're still taking volunteers to "test" the Hot Seat for the "2 day training session." And with the fee negotiable, perhaps some cut-rate Alaskan entrepreneur could still garner the contract by underbidding the competition. Gives a whole new meaning to the concept of "piece work," doesn't it? [Cf. "peace work."]

And if you're really on the ball, you can start a franchise for the rest of the "macho" states. Maybe advertise: "The following 'live' execution is brought to you by McMurdurs, Inc."

Source of information: Playboy, Dec. 1984

A Path Illuminated by Several Dead Fireflies

It was perhaps fitting that for 1984, the Year of Newspeak, Pres. Reagan declared the theme of National Newspaper Week, celebrated from Oct. 7-13, to be "Newspapers Lighting Freedom's Way."

As if to underscore the deep meaning attached to the President's proclamation, both the Immigration and Naturalization Service and the Pentagon chose that week as an appropriate time to launch assaults on the press.

The Pentagon's was clearly the classier of the two acts, not only because unlike the INS, it eschewed violence and intimidation, but also because it managed to obtain the cooperation and endorsement of its victims. It is only fair to point out, however, that the identity of these victims -- a virtual "Who's Who" of the media establishment -- may have contributed to the docility with which they accepted the leash.

The story begins with last year's Grenada invasion. (Well, actually, it all began with the Vietnam War, which the far right has always maintained was only lost because of the nasty and unpatriotic habit of the media of occasionally reporting the facts, thus undermining support for the war. But we'll stick to Grenada.) In that action, the reader may recall, the administration borrowed a leaf from Maggie Thatcher's conduct of the Falklands engagement, and banned the press from the theatre of operations entirely, under the time-tested theory that what

the public doesn't know, they can't get upset about.

The media were considerably hurt by this uncharitable attitude; after all, they've always done their best to follow the government line, right-wing myths notwithstanding; and indeed their coverage of Grenada, once they were allowed in, was so fawning as to be almost embarrassing, going a long way towards restoring public confidence in the President's ability to handle foreign policy.

But what really hurt was that, when the press mavens took their case to the public, the latter, conditioned by the longstanding media reluctance to treat Reagan as they had Nixon -- that is, to form a genuine if quite limited adversarial relationship -- sided with the military censors against the alleged champions of the public's right to know.

Therefore when the Pentagon magnanimously offered to allow the Fifth Estate to cover future invasions, albeit at the end of a very short tether, the media watch-dogs practically yelped for joy.

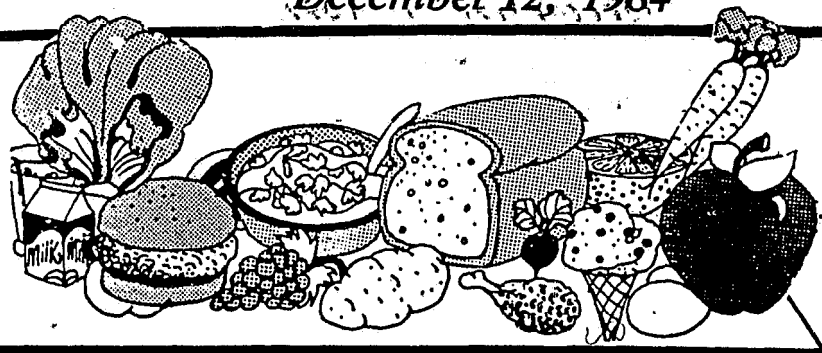
Which brings us to National Newspaper Week. Four days before the proclamation, military officials met secretly with media representatives in Washington, DC, to discuss surrender terms. At the meeting the generals suggested, and the media brass (including AP, UPI, Time, Newsweek, and US News, as well as the major networks) accepted the notion of a "war press pool," to be controlled by the military.

Under the original proposal, newspapers would be completely excluded from coverage of actions, while the Pentagon would have final approval over the identity of the "journalists" who would make up the press pool, and who would be cleared to watch the carnage.

The plan was announced without much fanfare a week later, smack in the middle of the celebrations of "Newspapers Lighting Freedom's Way." The New York Times and Washington Post initially protested, not so much on general principles as on the principle that they weren't included in the pool; and the top brass, ever sensitive to the requirements of public relations, thereupon authorized expansion of the pool to include one representative of the pulp trade, which succeeded in mollifying the "newspaper of record."

While the whole charade was officially deemed a "compromise" on the part of the War Department, in fact the generals never had any real intention of totally banning the press, as that would tend to undermine efforts to drum up public support for whatever war was left uncovered. What they wanted, rather -- and what the media conceded -- was the right to "manage" the news about such actions, and to decide for themselves what bushwa to feed the public, and what information to withhold (on "national security grounds," of

Continued on page 11



Cholesterol--A matter of the heart

By STACY LIDDLE
Whalesong Nutritionist

Heart disease - the nation's No. 1 killer. Cholesterol - a major suspect. More than a million Americans suffered heart attacks last year. Half of those million Americans died as a result.

Cholesterol has made major headlines in the past several months. For years, researchers have been trying to prove a link between heart disease and cholesterol. But earlier this year, the most expensive medical research project (\$150 million) ever conducted now concludes that high cholesterol levels in the blood are directly linked to heart disease.

The results of this ten-year project reveal that heart-disease risk is reduced when blood cholesterol levels are lowered. The study's 3,086 male participants were divided into two groups. Both groups were placed on an anticholesterol (low cholesterol) diet, but one group received cholestyramine (cholesterol-lowering drug) and the other half received a placebo. At the end of the study, the group receiving the drug suffered 19 percent fewer nonfatal heart attacks and 24 percent fewer fatal attacks than the placebo group.

Clearly, the drug had a more profound effect on reducing cholesterol levels and heart attacks than the anticholesterol diet which was prescribed to all the participants in the study.

Despite the questions this study raises, other research has indicated that nations with a diet high in saturated fats (dairy, eggs, meats and solidified oils) generally have high blood-cholesterol levels and high heart attack rates. The Finnish people, who consume the fattiest diet in the world, have the highest cholesterol and heart disease levels. On the other hand, the Japanese, who eat a diet low in animal (saturated) fats, have the lowest levels of cholesterol and heart disease.

Heart disease is "multi-factorial". Factors such as high blood-pressure, cigarette smoking, hereditary disorders, poor overall health, lack of exercise and poor diet all affect heart-disease statistics. High cholesterol diets are not the "sole" cause of heart attacks or strokes, but fatty diets can contribute to the disease process.

Much controversy exists about what recommendations are appropriate for healthy Americans, however many professional groups and institutions feel that if we "avoid too much fat, saturated fat, and cholesterol" in our daily diets, we will reduce our chances of suffering from major heart disease. For individuals who smoke and/or have high blood pressure, these recommendations are especially appropriate.

In spite of all the bad press, it seems ironic that without cholesterol, we could not sustain life. It is part of the structural material of blood cells, it is used by the brain and nervous system to transmit nerve impulses throughout your body, it is in the skin and is a source of vitamin D, the liver needs it to form bile acids which help us absorb fats, and it is essential for making sex hormones.

Controlling your cholesterol intake does not mean you are prohibited from eating certain foods (Unless you suffer from a hereditary disorder) nor does it prevent you from eating a healthy variety of foods.

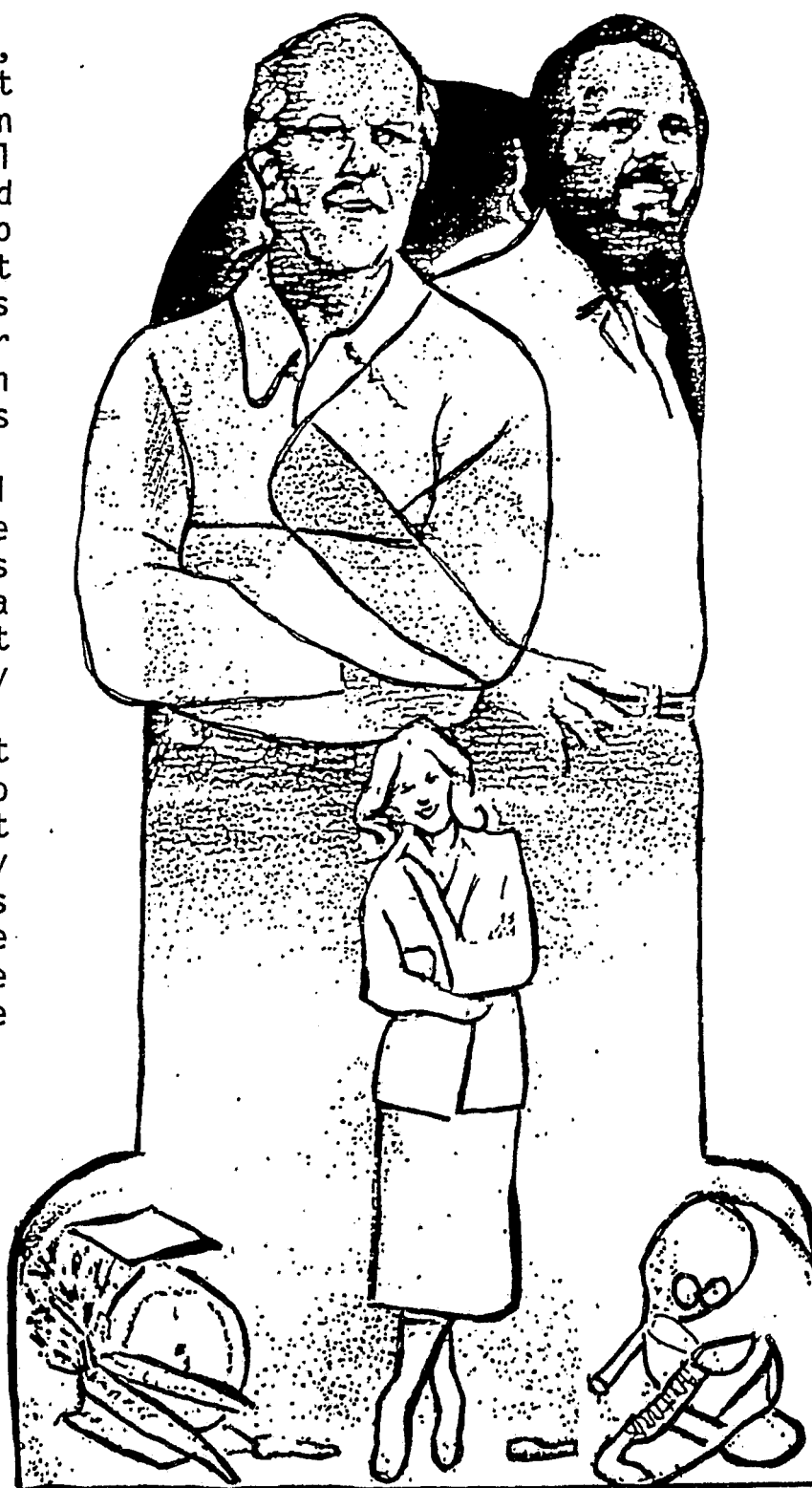
Some of us, no matter what health efforts we incorporate into our lives, will suffer from heart disease. Some will indulge in every vice and live to be 100. None of us has the power to predict the outcome of our health but we all have the power to make choices that will have a positive effect.

TO AVOID TOO MUCH FAT, SATURATED FAT, AND CHOLESTEROL

- Choose lean meat, fish, poultry, dry beans and peas as your protein sources
- Moderate your use of eggs and organ meats (such as liver)
- Limit your intake of butter, cream, hydrogenated margarines, shortenings and coconut oil, and foods made from such products
- Trim excess fat off meats
- Broil, bake, or boil rather than fry
- Read labels carefully to determine both amount and types of fat contained in foods

Stacey Liddle, Nutritionist, will present a discussion on the role of exercise in weight loss and the "setpoint" theory. It will be held on Thursday, December 12, 1984, from noon to 1:00 p.m. Join us in the Hendrickson Bldg., room 206, for a talk that may be worth lost pounds!

Contact Jane Albee, University Nurse Practitioner (x 560) for more information.



Bumps in Sumner Straights

By LEGIA F. PATE

The mist in Sumner Straights was so thick that the fore-line, mountains, everything, was gray. The only color was the bright lights of the cruiseship in the distance.

My husband, Gil, our dog Spiffy, and I had left Pt. Baker that morning, and our first day of powerolling was almost over. Our poles were all down

and loaded with a wild array of spoons, flashers, and hootchies. Being new to the game, we were "Christmas-treeing" -- decorating the lines with whatever caught our fancy, throwing them overboard and dragging them around in hopes that it would catch the fancy of the fish. We had a hot combination and the bins were nearly full of cohos and

humps ready for cleaning.

Now, Gil, a life-long fisherman, and I, a life-long land-lubber (and city girl to boot!), had reached an agreement early on. I would steer the boat and he would clean the fish. No way was I going to learn the gruesome art of bleeding, gilling, and gutting fish!

"Steering a boat is easy," he said. "All you have to do is watch out for logs, keep an eye on the depth sounder, and don't make sharp turns."

As I maneuvered the boat (quite well I thought) through the tiderips full of stumps, popweed, bits of garbage, and supposedly, fish, I could hear the fish slapping and thumping as they were brought in. The dog, curled around the 50 lb. lead weights ready to be put away, was snoring in time with the window wipers. I was smiling smugly to myself as I watched the cruiseship coming closer.

Even at a distance the cruiseship looked huge and our 40-footer minuscule in comparison. I could see passengers on the different decks watching us and probably thinking, "Look at those poor people. What a way to have to make a living and in this weather, too." While I was thinking, "Wow, imagine how much those poor people had to pay to see all this!" It passed us and went on its way.

As the wake started to roll toward us, I realized very quickly that there was a big gap in my boat steering training! "O-o-oh ____! "What do I do now? Sideways? Across?---Help!"

The first wake slammed into us and up the boat went sideways. The lead weights rolled, the dog yelped, coffee and dinner went off the stove, and the dishes rattled in the sink. The dog jumped into my lap and grabbed on to me with his paws. There was absolutely no doubt in my mind that we were rolling over.

Screaming frantically along with the dog, I tried to figure out what to do. Not coming up with anything, I continued to scream. Then the wakes slowed down a bit only to start again as the second set hit us. Once more the dog added his howls to my screams, but we were drowned out by the clanging of the blocks and the pounding of the wakes against the boat. I white-knuckled the wheel with one hand, and hung on to the dog with the other. I tried to look out back, but couldn't see Gil. "My God!" I thought, "He's gone overboard!"

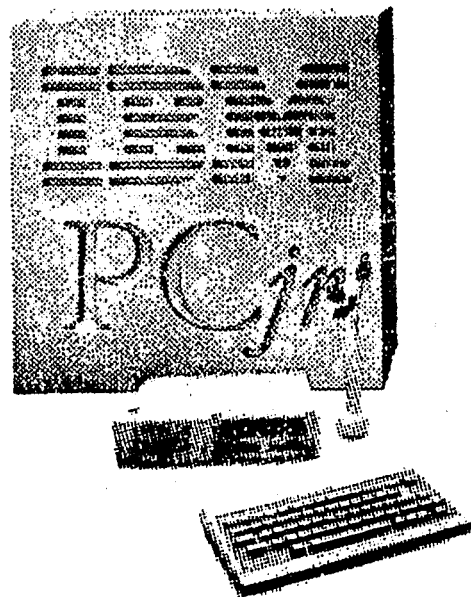
The wakes subsided; my heart (and the dog's) took a bit longer. Then I walked Gil, looking only as a fisherman can, nonchalant, cool, and unconcerned. He eyed up quizzically and asked, "So what's all the fuss about?"

I shoved the dog at him, jumped down, and stomped out. "You take the wheel. I'm going to clean fish!"

I cleaned a lot of fish that week; the next week I was home and enrolled at UAJ.



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